

Worksheet Signpost #5



COACHING SESSION DATA

Client Name

Date & Session #

Audio & Transcript files

Whose agenda is it?
Clues?

Side-step/step over
significant expressions?
Where? What?

Client resistance?

Specifics: resistance /
avoidance? Coach role?

Other notes about
resistance &/or avoidance?



Liz Zed & Sabrina Braham's

Master Coach System

P. 2 Signpost #5. The Coaching Agreement

COACHING SESSION DATA

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Questions to stimulate
inner search for workable
CA?

Where coach overly
directive?

Picking up thread of
client's own metaphors?

Coach metaphors? Where?
Which?

Resonant with the client?

More Notes about this
session

Liz Zed & Sabrina Braham's
Master Coach System

